

CLAIMS

1. A process for preparing a hot liquid fiber product for enteral administration, comprising admixing:
 - 5 a. a serving of a reconstitutable composition comprising
 - (i) between 0.1 gram and 75 grams fiber; and
 - (ii) an effervescent system;and
 - b. a liquid with a temperature that exceeds 35°C
- 10 2. The process according to claim 1, wherein the fiber has an average molecular weight of at least 400 Da, preferably at least 5000 Da.
3. The process according to claim 1 or 2, wherein the reconstitutable composition
15 further comprises a calcium salt.
4. The process according any one of the preceding claims, wherein the liquid has a volume of between 50 and 1000 ml.
- 20 5. The process according to any one of the preceding claims, wherein the fiber is selected from the group consisting of low-methoxylated pectin and alginate.
6. The process according to any one of the preceding claims, wherein the effervescent system contains at least one base that liberates carbon dioxide selected from the group
25 consisting of sodium carbonate, potassium carbonate, sodium bicarbonate, potassium bicarbonate, calcium bicarbonates, ammonium bicarbonate and sodium glycine carbonate.
7. The process according to claim 6, further comprising an acidic ingredient selected
30 from the group consisting of as citric, tartaric, adipic, fumaric, malic, lactic, acetic, maleic and benzoic acids, and phosphates.

8. The process according to any one of the preceding claims, wherein the reconstitutable composition further comprises NaCl and/or glutamate.
- 5 9. The process according to any one of the preceding claims, wherein the resulting liquid fiber product has a pH above 4.
10. The process according to any one of the preceding claims, wherein the resulting liquid product has a viscosity below about 100 mPas, and a viscosity above about 250
10 mPas when it is acidified to pH 3.
11. A hot liquid fiber product with a viscosity below 100 mPas, a pH that exceeds 4 and a temperature of at least 35°C, prepared with the process according to claim 1.
- 15 12. A hot liquid fiber product with a viscosity below 100 mPas, a temperature of at least 35°C and a viscosity of at least 250 mPas when it is acidified to pH 3, said composition comprising per serving between 0.1 gram and 75 grams fiber.
- 20 13. Use of fiber in the manufacture of composition for use in a method for the treatment and/or prevention of a diet responsive condition in a monogastric mammal, said method comprising enterally administering to the mammal the composition of claim 11 or 12.
- 25 14. Use according to claim 14, wherein the diet responsive condition is overweight.
15. A packaged reconstitutable composition which bears instructions to mix one or more servings of the reconstitutable composition with a liquid having a temperature above 35°C, said composition comprising per serving:
 - (i) between 0.1 gram and 75 grams fiber; and
 - 30 (ii) an effervescent system

16. The packaged composition according to claim 15, wherein the composition comprises per serving:

- (i) between 0.5 and 15 g low methoxylated pectin and/or alginate;
- (ii) between 0.01 and 25 grams base that liberates carbon dioxide, preferably selected from the group consisting of sodium carbonate, potassium carbonate, calcium carbonate, sodium bicarbonate, potassium bicarbonate, calcium bicarbonates, ammonium bicarbonate and sodium glycine carbonate;
- (iii) between 0.025 and 5 grams acidic ingredient, preferably selected from the group consisting of citric, tartaric, adipic, fumaric, malic acids, lactic, acetic, maleic and benzoic acids; and phosphates and
- (iv) between 0.05 and 5 grams calcium.

17. The composition according to claim 15 or 16, further comprising indigestible oligosaccharide.